



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4.2

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"><li>Released inversion to prep level or below</li><li>Released inversion at prep level to prep level</li><li>Downward inversion from prep level</li></ul>	<ul style="list-style-type: none"><li>Tic toc extended lib to prep level or below (high to low)</li><li>Helicopter release moves</li><li>Release from prep level to prep level</li><li>Release to extension</li></ul>	<ul style="list-style-type: none"><li>1 ½ twisting transition to below prep level</li><li>1 ½ twisting transition to prep level</li><li>¾ twisting transition to extended stunt</li></ul>	<ul style="list-style-type: none"><li>Full twisting release to prep level or below</li></ul>	Assisted or Unassisted: <ul style="list-style-type: none"><li>Walk in / toss hands</li><li>Walk in / toss hands press extension</li><li>Walk in / toss extension</li></ul>	
ADVANCED SKILLS					
<ul style="list-style-type: none"><li>Extended inverted stunt</li><li>Released inversion from waist level to extended stunt</li></ul>	<ul style="list-style-type: none"><li>Release from waist or prep level to extended lib</li><li>Tic toc extended body position to prep level or below lib (high to low)</li><li>Release from ground level (switch up) to extended body position</li><li>Back handspring up to prep stunt</li></ul>	<ul style="list-style-type: none"><li>1 ½ twisting transition to / at prep level lib</li><li>1 ½ twisting transition at prep level (lib to body position)</li><li>Full twisting transition to extension</li></ul>	<ul style="list-style-type: none"><li>Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib</li><li>Full twisting release from ground level (switch up) to prep level lib</li><li>Full twisting release at prep level (tic toc) to prep level lib</li><li>1 ½ twisting release from ground level (switch up) to prep level lib</li></ul>	Assisted: <ul style="list-style-type: none"><li>Walk in hands press extended 1 leg stunt</li><li>Toss hands press extended 1 leg stunt</li><li>Walk in extended 1 leg / 1 arm stunt</li><li>Toss extended 1 leg / 1 arm stunt</li></ul>	<ul style="list-style-type: none"><li>Full twisting dismount from extended 1 leg stunt to cradle</li></ul>
ELITE SKILLS					
<ul style="list-style-type: none"><li>Released inversion from prep level or prep level hand in hand to extended stunt</li><li>Back handspring up to extended stunt</li></ul>	<ul style="list-style-type: none"><li>Release from waist level to extended body position</li><li>Tic toc extended body position to prep level body position (high to low)</li><li>Release from prep level to extended body position</li></ul>	<ul style="list-style-type: none"><li>1 ½ twisting transition to / at prep level body position</li><li>1 ½ twisting transition at prep level (body position to body position)</li><li>1 ½ twisting transition to extension</li><li>Full twisting transition to extended 1 leg stunt</li><li>Full twisting transition at extended level</li></ul>	<ul style="list-style-type: none"><li>Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position</li><li>Full twisting release from ground level (switch up) to prep level body position</li><li>Full twisting release at prep level (tic toc) to prep level body position</li><li>1 ½ twisting release from ground level (switch up) to prep level body position</li><li>1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib</li><li>Full twisting inversion to extended 1 leg stunt</li></ul>	Unassisted: <ul style="list-style-type: none"><li>Walk in hands press extended 1 leg stunt</li><li>Toss hands press extended 1 leg stunt</li><li>Walk in extended 1 leg / 1 arm stunt</li><li>Toss extended 1 leg / 1 arm stunt</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from prep stunt / extension to cradle</li><li>Kick full twisting dismount</li></ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>Ball kick</li><li>Pike X</li><li>Hitch kick</li><li>Switch kick</li><li>Double toe touch</li></ul>	<ul style="list-style-type: none"><li>Ball full</li><li>Lib full</li><li>Pike full</li><li>Kick full</li><li>Toe touch full</li><li>Full up toe touch</li><li>Double full</li></ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>BACK HANDSPRING (BHS)</li><li>BHS STEP OUT</li></ul>	<ul style="list-style-type: none"><li>BACK WALKOVER (BWO) - BHS</li><li>BWO - BHS STEP OUT</li><li>BHS STEP OUT - BWO</li><li>VALDEZ - BWO - BHS</li></ul>	<ul style="list-style-type: none"><li>BWO - BHS STEP OUT - BWO</li><li>BWO SWITCH LEG - BHS</li><li>BHS STEP OUT - BWO - BHS</li><li>VALDEZ - BHS / BHS STEP OUT</li><li>BACK EXTENSION ROLL - BHS / BHS STEP OUT</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>CARTWHEEL (CW) - BHS</li><li>ROUND OFF (RO) - BHS</li></ul>	<ul style="list-style-type: none"><li>RO - BHS STEP OUT</li><li>CW - BHS STEP OUT</li><li>FRONT HANDSPRING (FHS)</li><li>FRONT WALKOVER (FWO) - FHS</li></ul>	<ul style="list-style-type: none"><li>FHS SERIES</li><li>BOUNDER / FLYSPRING</li><li>CW - BHS SERIES</li><li>RO - BHS SERIES</li><li>FWO - RO - BHS / BHS SERIES</li><li>CW - BHS STEP OUT - BWO - BHS / BHS SERIES</li></ul>